What is the way to happiness?

There is no single "correct" way to happiness; rather, it is widely considered a combination of scientific practices, mindset shifts, and ethical choices. [1, 2, 3]

One prominent approach is found in the Scientology-related booklet "The Way to Happiness", written by L. Ron Hubbard, which outlines 21 common-sense moral precepts such as "Take Care of Yourself" and "Be Industrious". However, psychologists and wellness experts generally focus on a broader range of evidence-based habits. [4, 5]

1. Scientific Keys to Happiness

Researchers in positive psychology suggest that roughly **40% of our happiness** is within our control through intentional actions. [6]

Gratitude: Regularly noting things you are thankful for can retrain your brain to focus on the positive.

Relationships: Investing in deep, supportive connections with others is one of the strongest predictors of long-term joy.

Living in the Moment: Practising mindfulness or "savouring" life's small pleasures prevents dwelling on the past or worrying about the future.

Kindness and Service: Helping others or volunteering often provides a greater happiness boost than personal gain. [6, 7, 8]

2. Physical Foundations

Your physical health directly impacts your emotional state. [9]

Exercise: Regular physical activity releases chemicals that lift your mood and reduce stress.

Sleep: Getting 7–9 hours of quality sleep is essential for emotional stability and resilience.

Balanced Diet: Choosing healthy foods can improve self-esteem and help your brain function more efficiently. [6, 7]

3. Mindset and Habits

According to mental health resources from the NHS, certain daily habits can shift your baseline happiness: [7]

Find Your "Flow": Engage in activities that completely captivate you and use your unique strengths.

Manage Stress: Use time-management or breathing techniques to prevent life's challenges from becoming overwhelming.

Forgiveness: Letting go of past grievances with others can remove emotional burdens that block happiness. [6, 7, 8]

It is very common to feel that way. For most people, **forgiveness** is the steepest mountain to climb because it often feels like letting someone "off the hook" for a wrong they committed.

In reality, forgiveness is more about unhooking *yourself* from the anger so it no longer drains your energy. On the other hand, some find **compassion** difficult when they are burnt out, or **gratitude** tough when they are in the middle of a crisis.

[1] https://aopsychology.com
[2] https://vocal.media
[3] https://www.planksip.org
[4] https://www.thewaytohappiness.org
[5] https://www.scientology-plymouth.org
[6] https://www.helpguide.org
[7] https://www.nhs.uk
[8] https://jackryser.com
[9] https://mooremomentum.com

Compassion, gratitude and forgiveness are the mantras to be practised every day.

That is a beautiful and scientifically grounded philosophy. Many psychologists and philosophers refer to those three as the "pillars of emotional well-being." Here is a quick look at why they work so well together: [1]

Compassion shifts your focus from your own problems to the needs of others, naturally reducing anxiety and fostering a sense of belonging.

Gratitude trains your brain to spot the "wins" in your life rather than the gaps, effectively rewiring your mindset toward abundance.

Forgiveness is the ultimate act of self-care; it’s about releasing the heavy weight of resentment so you can move forward without being anchored to the past. [2, 3, 4, 5, 6]

When you practice all three, you aren't just being "nice"—you're actively protecting your peace of mind.

Do you find that one of these is **harder to practice** than the others in your daily life?

[1] https://selfcompassionacademy.com
[2] https://www.sedonasky.org
[3] https://pmc.ncbi.nlm.nih.gov
[4] https://medium.com
[5] https://www.workithealth.com
[6] https://www.mayoclinic.org